



1530 Poplar Dr.  
Medford, OR 97504

Stamp



### Administrative Team:

Executive Director: Diana Rushing  
Community Relations Dir.: Kelly Carey  
Wellness Director: Chelsea Terrill  
Wellness Director: Sheila Vadney  
Wellness Nurse: Jenn Daughtery  
Business Office Dir.: Jennifer Tessen  
Dining Services Dir.: Margaret Tepovac  
Maintenance Director: Kim Williams  
Life Enrichment Director: Dawn Rand

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Our mission is to create and  
sustain comfortable, caring  
environments for those  
who depend on us.

# The Farmington Times

December 2020 Newsletter



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# Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

## The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

## Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

## Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

# Special Moments



## Happy Birthday!



Margaret T: Dec. 1	Judy L: Dec. 18
Jenn D: Dec. 6	Marilyn S: Dec. 19
Sheila V: Dec. 10	Jay H: Dec. 20
Angela M: Dec. 17	Alicia G: Dec. 21
Mary Sue P: Dec. 18	

- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.



# December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

- |  |   |
|--|---|
| 01 Eat a Red Apple Day; Pie Day        | 17 Maple Syrup Day; Wright Brothers Day     |
| 02 Mutt Day; Fritters Day              | 18 Twin Day; Ugly Christmas Sweater Day     |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day       |
| 04 Sock Day; Dice Day                  | 20 Sangria Day                              |
| 05 Earmuff Day; Volunteer Day          | 21 Winter Solstice; Crossword Puzzle Day    |
| 06 Gazpacho Day; Microwave Day         | 22 Date Nut Bread Day                       |
| 07 Cotton Candy Day                    | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day      | 24 Christmas Eve; Eggnog Day                |
| 09 Pastry Day                          | 25 Christmas Day; Pumpkin Pie Day           |
| 10 Chanukah Begins; Nobel Prize Day    | 26 Kwanzaa starts; Candy Cane Day           |
| 11 Noodle Ring Day; App Day            | 27 Fruitcake Day                            |
| 12 Gingerbread House Day               | 28 Card Playing Day; Short Film Day         |
| 13 Cocoa Day; Violin Day               | 29 Pepper Pot Day                           |
| 14 Bouillabaisse Fish Stew Day         | 30 Bacon Day                                |
| 15 Cupcake Day; Wear Pearls Day        | 31 New Year's Eve; Champagne Day            |
| 16 Chocolate Covered Day               |   |

**Regarding Covid-19:** Resident and staff safety and comfort remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



## Our Favorite Wintertime Foods!

Chili - Kelly

Eggnog - Jennifer

Pot Roast - Angela

Hot Chocolate - Dawn

Soups - Chelsea



## Staff Spotlight:

Maria



## Resident Spotlight:

Deborah

**Meet Maria!** Maria has worked for Farmington Square for 20 years. Maria enjoys working with her co workers, but most importantly she loves taking care of her residents and being there for them when they need her. Maria is grateful to their families for entrusting her to care for their loved ones. Maria said that Farmington Square feels like one great big family! Thank you for all you do, Maria!

**Meet Deborah!** Deborah has made Farmington Square her home for the past year. Before retiring, Deborah was in the Air Force!

Deborah loves horses and owned horses before moving to Farmington. She also loves to go for walks and listen to music.

We're so happy to have you here at Farmington Square, Deborah!



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Resident Birthdays:</b>  Dec. 17, Angela M. Dec. 18, Mary P. Dec. 18, Judy L. Dec. 19, Marilyn S. Dec. 20, Jay H.	<b>Employee Birthdays:</b>  Dec. 1, Margaret T. Dec. 6, Jenn D. Dec. 10, Sheila V. Dec. 21, Alicia G.	<b>1</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Bowling 4:15 One on One 5:00 Music Appreciation	<b>2</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	<b>3</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Adult Coloring 4:15 One on One 5:00 Music Appreciation	<b>4</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Painting 4:15 One on One 5:00 Music Appreciation	<b>5</b>  9:30 Beautiful You (A) 10:30 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club (A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
<b>6</b>  9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / One on One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	<b>7</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing A Long 4:15 One on One 5:00 Music Appreciation	<b>8</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Magazine Club 4:15 One on One 5:00 Music Appreciation	<b>9</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	<b>10 Hanukkah Begins</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity <b>3:00 David Christian on Zoom</b> 4:15 One on One	<b>11</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Bowling 4:15 One on One 5:00 Music Appreciation	<b>12</b>  9:30 Beautiful You (A) 10:30 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club (A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
<b>13</b>  9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / One on One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	<b>14</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Sing a Long 4:15 One on One 5:00 Music Appreciation	<b>15</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Balloon Ball 4:15 One on One 5:00 Music Appreciation	<b>16</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	<b>17</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity <b>3:00 Tracy Davy on zoom</b> 4:15 One on One 5:00 Music Appreciation	<b>18</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 IN2L Activity 4:15 One on One 5:00 Music Appreciation	<b>19</b>  9:30 Beautiful You (A) 10:30 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club (A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
<b>20</b>  9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / One on One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	<b>21 Winter Solstice</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Karaoke 4:15 One on One 5:00 Music Appreciation	<b>22</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Bean Bag Toss 4:15 One on One 5:00 Music Appreciation	<b>23</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	<b>24 Christmas Eve</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Movie Matinee 4:15 One on One 5:00 Music Appreciation	<b>25 Christmas Day</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 <b>Christmas Sing a Long</b> 4:15 One on One 5:00 Music Appreciation	<b>26</b>  9:30 Beautiful You (A) 10:30 Snacktivity 11:00 Beautiful You (B) 12:00 Fit Club (A) 1:00 Fit Club (B) 1:30 Sensory Activity (A) 2:15 Sensory Activity (B) 3:30 IN2L Activities 5:00 Music Appreciation
<b>27</b>  9:30 Beautiful You (A) 10:30 Snacktivity 10:50 Beautiful You (B) 12:00 Fit Club (A) 1:15 Fit Club (B) 2:00 Sunday Matinee / One on One 3:30 Church / Hymns (A) 4:15 Church / Hymns (B)	<b>28</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Resident Council 4:15 One on One 5:00 Music Appreciation	<b>29</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Balloon Ball 4:15 One on One 5:00 Music Appreciation	<b>30</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Fancy Fingers 4:15 One on One 5:00 Music Appreciation	<b>31 New Year's Eve</b>  9:30 Beautiful You 10:30 Snacktivity 11:00 Fit Club 12:00 Reading Circle 2:00 Sm. Group Activity 2:30 Snacktivity 3:00 Movie Matinee 4:15 One on One 5:00 Music Appreciation		<b>All activities subject to change per mandated health guidelines.</b>



# DECEMBER 2020

Farmington Square

• C / D •

1530 Poplar Drive Medford, OR 97504

• 541-770-9080

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<b>6</b>  9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Sunday Hymns 1:30 Bingo 2:30 Snacktivity 3:00 IN2L Activity 5:00 Music Appreciation	<b>7</b>  9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo 3:00 Whack a Balloon 4:00 One on One 5:00 Music Appreciation	<b>8</b>  9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 IN2L Activity 1:45 Bingo 3:00 Decorate Cookies 4:00 One on One 5:00 Music Appreciation	<b>9</b>  9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Reminiscing / IN2L 1:45 Bingo 3:00 Fancy Fingers 4:00 One on One 5:00 Music Appreciation	<b>10 Hanukkah Begins</b>  9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Card-O 1:45 Bingo <b>3:00 David Christian on Zoom</b> 4:00 One on One	<b>11</b>  9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club 10:30 Snacktivity 11:00 Trivia Games 1:45 Bingo 3:00 Wii Bowling 4:00 One on One 5:00 Music Appreciation	<b>12</b>  9:00 Menu Boards 9:30 Daily Chronicles 10:00 Fit Club (C) 10:30 Snacktivity 11:00 Fit Club (D) 1:45 Bingo 3:00 Saturday Matinee 4:30 IN2L Activity 5:00 Music Appreciation
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